

TUESDAY SCRIPT AND GUIDANCE

If you are a Tuesday volunteer, please familiarise yourself with the following procedures. Tuesday volunteers do the beginner's briefing, the general briefing and run the warm-up. They also post on the KHRC Community Facebook group after the run.

1. Before Tuesday

Confirm your availability when Grace messages on the KHRC volunteer group- if you can't volunteer please arrange cover with another LiRF/CiRF runner - purple highlight on the rota. If you are a LiRF/CiRF runner please look out for anyone looking for this cover. Your qualification 'activates' our insurance.

Grace will tag you on the Tuesday post as the runner for new runners to find. If you are the non LiRF/CiRF volunteer please read the notes and script below too in case you can assist eg if a new runner turns up who has missed the new runner briefing. The LiRF/CiRF volunteer will also be tagged into the reverse route runner post - this way you can keep track of the runners who volunteer for RRR so that you can thank them in the briefing and in the after run 'thank you' post.

On arriving at the park - check out the warm up area- any picnics/football to avoid? If there's a picnic nearby approach the picnicking people and reassure them although a load of people will be running in a circle near them we mean no harm and that we'll be away in 5-10 minutes.

2. Tuesday script

6:45pm - shout out for anyone new, gather them up. Be prompt.

New Runners Briefing Checklist:

Welcome!

Have they filled in a new runners form? If not - ask them to do it straightaway - link: https://docs.google.com/forms/d/e/1FAIpQLSeus4kpL9WKCW9IKZ1T53R4lqJcJ_YkCx8hd1kuJwp9Wp2zg/viewform

Anyone use an inhaler? Have they brought it with them? If they haven't ask them to please bring it next time and reiterate that they are running at their own risk.

The run tonight is 4 miles or beginner laps- are there any beginners amongst the new runners? Say that they will have a dedicated volunteer - you or the other volunteer- ask them to come over, introduce them. It will be laps of the park. If you are leading the warm up and are also beginner support please be aware that not all beginners will participate in the warm up - ask them to wait for you. Anyone can call out the pace groups for the line-up - you can delegate that to anyone loud and join your beginners and commence ASAP.

4 milers - have you had a chance to look at the route? Say we only have 2, ever, so if you come regularly you'll learn them. There should be someone in sight but this can't be guaranteed- if you come to a decision point and there's no one in front - hesitate and another pace group will come along and ultimately a tail runner. Go over what will happen next - general briefing, warm up, walk to the gate, dispatch in groups.

If you'd like to join the club the details are on the website. No one will pursue you for payment- it your choice but membership does have benefits including kit, race discounts, running shop discounts and did we mention the FANTASTIC KIT? (Point to anyone wearing it).

We don't have priority on the pavement- go to single file if a pedestrian/runner is there- make space. There will be runners running the route in reverse.

Any headphones? Ask them to not wear them on the club run.

GENERAL BRIEFING

6:50pm welcome and briefing. Start promptly as possible!
Ask for quiet. Wait for quiet.

Any new runners? Please put up your hand. Clap of welcome! Woohoo!
(Are they the same runners from the new runners briefing? If someone has suddenly appeared please ask the other volunteer to go over the new runners briefing with them - fill in the form as a priority -inhaler-headphones-route)

Introduce the volunteers- You and the other volunteer and any reverse route runners from the post on Facebook. Clap of appreciation. Ask any beginners to find their volunteer before the warm up.

If it's Park Right. Hazards: blind corner on Vicarage and Cartland- take it wide, SLOW DOWN.

If it's Park Left. Hazards: Busy road straightaway. Russell Rd pavement is narrow- lots of driveways with cars that may reverse, please be aware.

Single file as soon as you see a pedestrian or runner coming in the opposite direction or if you're running behind them- it demonstrates that you're aware of them and are making space on the pavement and that we as a club are courteous.

IMPORTANT MEDICAL INFORMATION.

If you choose to run tonight you are declaring yourself fit to run.

If you use an inhaler or any other medication- please bring it to every run.

If you have any concerns about your health in relation to your running - see your GP.

Warm up - Park Right: on the grass near the right hand side exit. Park left: on the left. Sequence of moves- see below.

Ask the tail runner to go to the gate. If that's you - to go to the gate- ask someone else to call out the pace groups. Ask the 6.3 and 7 minute milers to walk to the gate and so on.

If it's Park Right - all runners must run on the grass not on the pavement at that point - remind each group.

Park left - be aware of the bus stop - single file may be necessary straightaway if there are people queuing at the bus stop. Busy road to cross immediately.

3. After the run

Post on Facebook community page to thank the volunteers.

Any problems/concerns? Please message me ASAP or talk to me if I'm there on the night.

Thank you.

Any questions re above - ask in the comments or message me.

4. Suggestions for the Dynamic Warm up:

Slow run

Reverse your run so that you are travelling on the inside of the circle in the opposite direction- runners can see you - I usually shout over my shoulder "Don't follow me!" to the person immediately behind.

Heel kicks

High skips with arms for propulsion

Riverdance - no heel strike, hands on hips

Sideways for 3 and pivot

Slow run

Brisk walk with shoulder rolls

Stop

Gentle torso twists

Feet further apart - hip circles

Sumo squats

Toe circles

10 hops on each foot.

If there are warm up moves from your LiRF/CiRF course that you'd like to share by substituting in- please do.